

Make Your Own Fruit Clown Face

Nutrition Education Objectives

Children will:

- Be aware of basic kitchen and food safety rules
- Be able to identify foods in a simple recipe
- Prepare simple food items with adult assistance

Child Development and Early Learning Objectives

Children will:

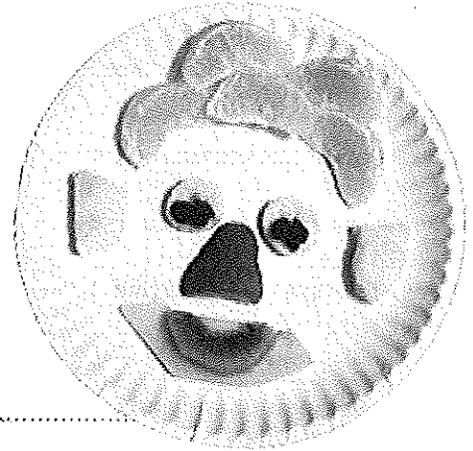
- Eat a variety of nutritious foods
- Identify personal characteristics, preferences, thoughts, and feelings
- Demonstrate age-appropriate independence in a range of activities, routines, and tasks
- Represent people, places, or things through drawings, movement, and three-dimensional objects
- Engage in conversation with peers and adults

Materials

- Paper plates, 1 for each child
- A variety of fresh fruit, such as: pineapple, blueberries, bananas, kiwi, strawberries, oranges, cantaloupe, and raisins
- Small bowls
- Low-fat yogurt, to use as a dip
- Serving spoons

In Advance

1. Rinse and cut the fruit into pieces.
2. Make your own Fruit Clown Face as an example for the class.
3. Pour the yogurt dip into small bowls for sharing. Place a spoon in each bowl.



With Kids

1. Set out cut fruits and materials on a table where children can reach.
2. Ask kids to use as many different fruits as they can to make their own Fruit Clown Faces.
3. When kids are finished, ask them to share their Clown Face with the group. Ask questions such as:
 - What colors and shapes are the fruits you chose? Do you know their names?
 - Which of your clown's fruits are you most excited to eat?
 - Which of your clown's fruits have you never tried before?
 - Why is your Fruit Clown Face good for you to eat?
4. Pass out the yogurt dip. Invite kids to eat and enjoy their Fruit Clown Faces.

TIP:

- To cut costs, use fruits that are in season or on sale.

Recommended Books:

- *Cook It!*, by Georgie Birkett
- *Cook-A-Doodle-Do!*, by Janet Stevens and Susan Stevens Crummel
- *Soup Day*, by Melissa Iwai

Make Your Own Veggie Super Hero

Nutrition Education Objectives

Children will:

- Be aware of basic kitchen and food safety rules
- Be able to identify foods in a simple recipe
- Prepare simple food items with adult assistance

Child Development and Early Learning Objectives

Children will:

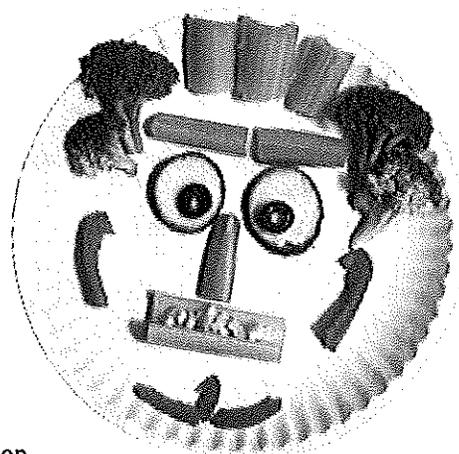
- Eat a variety of nutritious foods
- Identify personal characteristics, preferences, thoughts, and feelings
- Demonstrate age-appropriate independence in a range of activities, routines, and tasks
- Represent people, places, or things through drawings, movement, and three-dimensional objects
- Engage in conversation with peers and adults

Materials

- Paper plates, 1 for each child
- A variety of washed vegetables (e.g., 1 head broccoli, 2 zucchinis, 1 small can corn, 1 small can sliced olives, 2 red peppers, 1 bunch celery, and 3–4 whole carrots)
- Small bowls
- Hummus, low-fat ranch, French, or other dressings, for dipping vegetables
- Serving spoons

In Advance

1. Rinse and cut the broccoli into small florets; the zucchini into round slices; the red peppers into thin strips and then in half; the celery into 3-inch stalks; and the carrots into 2-inch strips.
2. Drain the corn and olives.
3. Make your own Veggie Super Hero as an example for the kids.
4. Pour dressings or dips into small bowls for sharing. Place a serving spoon in each bowl.



With Kids

1. Set out cut vegetables and materials on a table where children can reach them.
2. Ask kids to use as many different types of veggies as they can to create their own Veggie Super Heroes. Have them give their hero a name.
3. When kids are finished, ask them to share their super hero with the group. Ask questions such as:
 - What is your super hero's name? What are his or her super powers?
 - What colors and shapes are the veggies you chose? Do you know their names?
 - Why did you choose the veggies you did?
 - Which of these veggies have you eaten before? Did you enjoy them?
 - Will this be the first time you are trying any of these veggies? Which ones?
4. Pass out the dressings or dips. Allow kids to eat and enjoy their Veggie Super Heroes.

TIPS:

- To cut costs, use veggies that are in season or sale.
- If working with younger children, leave out celery. Use cucumber sticks instead.

Recommended Books:

- *Cook It!*, by Georgie Birkett
- *Cook-A-Doodle-Do!*, by Janet Stevens and Susan Stevens Crummel
- *Soup Day*, by Melissa Iwai

We Eat Tops and Bottoms!

Nutrition Education Objectives

Children will:

- Identify foods and describe their characteristics
- Recognize that plants have several parts from which we can get food
- Be willing to try new foods

Child Development and Early Learning Objectives

Children will:

- Eat a variety of nutritious foods
- Follow simple rules, routines, and directions
- Observe, describe, and discuss living things and natural processes
- Classify, compare, and contrast objects, events, and experiences
- Develop motor control and balance for a range of physical activities

Materials

- A variety of picture cards representing foods from different parts of plants
- The book *Tops & Bottoms*, by Janet Stevens, or other book from the Recommended Books list
- Tops & Bottoms Poster: butcher paper and tape
- Tops & Bottoms Movement Game: equipment to mark off areas of playground

Recommended Books:

- *Eating the Alphabet*, by Lois Ehlerts
- *Oliver's Vegetables*, by Vivian French
- *Tops & Bottoms*, by Janet Stevens

In Advance

1. Read the "With Kids" Instructions below. Select which "Tops & Bottoms" activity you would like to do with the class: "Tops & Bottoms Poster," "Tops & Bottoms, Heads & Toes," or "Tops & Bottoms Movement Game."
2. Either make picture cards of foods from different parts of plants, or make copies of picture cards from pages 31–36. Be sure you have about the same number of foods that come from parts of the plant that grow above ground (e.g., flowers, stems, leaves, seeds) as below (e.g., roots). The number of cards you will need depends on the activity you choose and the attention span of the kids in your group.
3. **Tops & Bottoms Poster.** Attach a large piece of butcher paper to the wall or bulletin board. Draw a horizontal line to mean the surface of the soil. Attach a piece of tape to the top edge of each picture card.
4. **Tops & Bottoms Movement Game.** Figure out how you will mark the area for "tops" and the area for "bottoms" (e.g., mark off the area with heavy-duty tape, playground cones, non-skid activity mats, or portable soccer goals).

With Kids

1. If you have a copy, read the book *Tops & Bottoms* to the children. If you do not have a copy, you can read one of the other recommended books. Be sure children understand that different foods come from different parts of the plant, and that some parts of the plant grow above ground and some grow below ground, before beginning the activity.
2. Ask the children to recall foods from the book or foods that they have seen in a garden. For each food they name, ask them if it comes from a part of the plant that is above the ground ("tops") or under the ground ("bottoms").
3. Follow the instructions for the activity you choose from the selection on page 11.

TIPS:

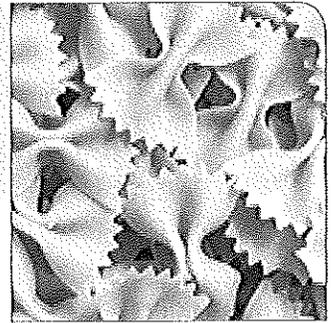
- If you can't find the food pictures you need on pages 31–36, try downloading and printing free food pictures online (see page I-III). You may also have kids tear food pictures out of magazines prior to this activity.
- Laminate your food pictures for repeated use.
- Follow up this activity with a simple food tasting. Have children taste bite-size samples of a root vegetable (a "bottom") and a stem, leaf, flower, or seed (a "top").

Continued >

Bow Tie Pasta with Zucchini Sauce

Lynn Fredericks, FamilyCook Productions

Serves 6, 2/3 cup per serving • Prep time: 15 minutes • Cook time: 25 minutes



Ingredients

- 2 cups whole wheat bow tie pasta
- 1 small clove garlic
- 2 medium zucchini (10 ounces by weight, about 2/3 of a pound)
- 1 Tablespoon canola oil
- 1/2 cup Parmesan cheese, grated
- 1/4 teaspoon salt
- Pinch ground black pepper

Materials

Box grater • Colander • Cutting board • Knife • Large bowl • Large pot • Large skillet • Measuring cups • Measuring spoons • Mixing spoon

Directions

☞ = Have kids help with the steps marked with the "little helping hand"!

1. Cook pasta according to package instructions. Prepare zucchini sauce while pasta is cooks.
2. Peel and mince garlic.
- ☞ 3. Rinse and grate zucchini. Measure 2 cups grated zucchini.
4. In a large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens and zucchini yields some liquid, about 5 minutes.
5. Drain pasta, reserving 1/2 cup cooking liquid.
6. Add 1-2 teaspoons cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed.
- ☞ 7. Transfer pasta to large bowl for serving. Sprinkle with grated Parmesan. Season with salt and pepper. Toss to combine.

Chef's Notes

- Use yellow squash in place of the zucchini. Or, use a mix of both.
- For faster cooking, grate zucchini in advance. Refrigerate until you are ready to cook.
- Make a simple pasta salad. Mix raw grated zucchini with cooked and cooled pasta, canola oil, mint, basil, or other herbs.
- If you do not have access to a stove, make the recipe in an electric skillet. Cook pasta in the skillet until just done. Unplug skillet. Drain pasta, reserving 1/2 cup of cooking liquid. Set aside. When skillet is cool enough to touch, wipe clean with paper towels. Cook veggies and remaining ingredients as directed.
- Try using different pasta shapes.

Nutrition Facts	
Serving Size 2/3 cup (95g)	
Servings per Recipe 6	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 10g	
Vitamin A 2%	Vitamin C 15%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

CACFP CREDITING FOR 3- TO 5-YEAR-OLDS

SNACK (6 servings)

Grain/Bread ● Fruit/Vegetable ● Milk ○ Meat/Meat Alternative ○

LUNCH/SUPPER (6 servings)

Grain/Bread ● Fruit/Vegetable ●○ Milk ○ Meat/Meat Alternative ○